

Refuse to Be Bullied!

Decide whether to speak out by asking yourself:

Is it safe?

- Is the person doing the bullying older or bigger than I am?
- Is there more than one person doing the bullying?
- Do I have friends nearby who can help me?
- How far away is an adult?

Take these steps if it is safe:

- Say “Stop!”
- Label it: “That’s bullying.”
- Walk away calmly.